

## Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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[www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices) Facebook: [Urbana Senior Center – Frederick County, MD](#)

# February Program Highlights

### Valentine's Day Lunch with Nurse Steve:

#### "Why am I still awake?"

Nurse Steve's talk will be "a discussion of sleep disorders and ways to sleep more naturally."

**Menu:** Roast eye round of beef, red skin potatoes, green bean casserole, tossed salad, dinner roll, pie

**Date:** Thursday, February 14

Sign-up by Thursday, February 7

**Time:** Noon **Cost:** \$5.00 (regular meal cost)

*Nurse Steve's talk at 12:30 p.m. is free.*

### Chat with Joy: Veterans Information

MAP: Chat with Joy provides information and assistance to older adults.

**Date:** Wednesday, February 13

**Time:** 11:30 a.m. **Cost:** Free

### MD Opera Presents: Marian Anderson

A celebration and tribute to the first African-American singer to perform at the Metropolitan Opera. Explore the turbulent history of the Civil Rights Movement through the wide variety of styles in Marian Anderson's repertoire, including spirituals, art songs, and opera excerpts. This program is offered through the Maryland Opera.

**Date:** Wednesday, February 27

**Time:** 1:00 p.m. **Cost:** Free

### Nutrition with Thu:

#### Simple Steps to a Healthier Heart

Discover simple and delicious ways to enjoy heart-healthy foods. Learn how to prepare your foods with less sugar, fat, and salt. Learn practical tips on how to take control of your blood pressure and cholesterol.

**Date:** Wednesday, February 6

**Time:** 11:15 a.m. **Cost:** Free

### Mushroom Cultivating

We'll make a mushroom farm for the center. You'll leave with the know-how to make one of your own for home.

**Date:** Wednesday, February 20

**Time:** 1:30 p.m. **Cost:** Free

### Balancing Act

Gain a better understanding of how balance pertains to everyday life and what you can do to have better balance.

**Date:** Wednesday, February 27

**Time:** 11:30 a.m. **Cost:** Free

### Tasty Tuesday: Celebrating Good Food Sustainable Diet

Confused about what sustainable really means? Learn how to maintain a sustainable diet.

**Date:** Tuesday, February 12

**Time:** 6:00 p.m. **Cost:** Free

### Grandparenting 101

Learn how parenting and child health recommendations have changed in recent years. Presenter: Dr. James Lee, Frederick County Pediatrics

**Date:** Tuesday, February 26

**Time:** 9:30 a.m. **Cost:** Free

### The Inside Scoop: Neurological Rehab & Adaptive Equipment for Home Safety

Learn: how exercises keep you strong and moving; how equipment or devices make daily activities safer; how home modifications may help; and how therapy might help.

**Date:** Tuesday, February 19

**Time:** 6:00 p.m. **Cost:** Free

*Optional Fried Chicken Supper, 5:15 p.m.  
\$5.00 person, reservations required*

(see other side for calendar of activities)